THE SHAKERITE

March 25, 2009 • Volume 79 • Issue 7 • Shaker Heights High School • 15911 Aldersyde Drive • Shaker Heights, Ohio 44120

LOCKED DOWN

• During the long, anxious wait of the first lockdown in Shaker history, students texted one another to get information and to assure friends and family of their safety.

• At approximately 12:30 p.m. March 18, police received a phone call from an adult male claiming that someone in the building was carrying a gun. By 12:45 p.m., hallways were empty as students, teachers, staff and visitors hunkered down in classrooms and offices for two hours until the police gave the all clear. Check out how the lockdown affected the building in Noteworthy.

NOTEWORTHY, PAGE 3

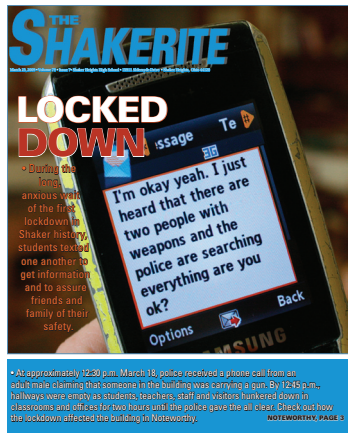
What's Inside

03.25.09

SAFETY IN CELL PHONE NUMBERS

A student's phone displays one of the text messages sent during the lockdown March 18. An anonymous call to the Shaker Heights Police Department, claiming there were two men with a gun inside the school, sent the building into lockdown mode for two hours while the police and administrators searched the school. While contained in classrooms, students communicated continuously, mostly through text message, spreading rumors about the circumstances, reassuring parents of their safety and checking on fellow classmates. Students, staff and parents were relieved to receive the "all clear" at the end of the search.

DIANA JACK


THE SHAKERITE
LOCKED DOWN
I'm okay yeah. I just heard that there are two people with weapons and the police are searching everything are you ok?
Options
Back
• At approximately 12:30 p.m. March 18, police received a phone call from an adult male claiming that someone in the building was carrying a gun. By 12:45 p.m., hallways were empty as students, teachers, staff and visitors hunkered down in classrooms and offices for two hours until the police gave the all clear. Check out how the lockdown affected the building in Noteworthy.
NOTEWORTHY, PAGE 3

EDITORS' NOTE

New Stages gives thrills, chills

After 27 years of student playwrights, directors and actors, the New Stages program might be the oldest of its kind in the country, according to Theatre Department Chairwoman Christine McBurney, All the experience is apparent each year, but New Stages 27 was particularly exceptional. As students ourselves, it is always breathtaking to see the talent that our peers possess, and during the opening night performance March 18, it was easy to lose ourselves in the plays.

DIANA JACK

"Half Past Sunshine" by Anique Thomas portrays the relationship, or lack thereof, between a teenage girl and her father. The subtleties that Lauren Holloway and Keon Willis were able to achieve made it easy to relate to their familial issues.

"Perspectives" by Danny Greene-Havas and Rob Gleisser, as the first comedy, provoked nonstop laughter as a boy and a girl each describe to a friend their take on a date they went on, as the true story is acted out in front of both pairs. It captured with surprising accuracy the thoughts of both sexes, and brilliantly showed the dynamics of a super awkward date. Hannah Carlson's **"Cancelled Out"** accomplished the most incredible feat of the evening: all the actors had to learn sign language on top of memorizing their lines, as the plot features a family comprising a blind sister and a deaf brother, both beautifully done. Our only qualm is that the plot took a backseat to the actions of the actors: sign language is too cool to watch.

ALEXA SYKES

The absolutely hilarious **"Music in a Box"** by Nick Hahn continued the emotional roller-coaster. Daniel Linehan was a perfect cast for the man who is considered insane because he doesn't communicate through song like the other characters.Hahn makes a serious point: why conform? It comes across perfectly.

"Miss Middles Meets Her Maker" by Emily Jennings kicked off the second act, perhaps a little shakily. With more disjointment than humor, what could have been a fairly amusing piece ended up a little tedious.

Amanda Grimes, her director and her cast deserve extra applause for handling self-mutilation in **"Bleeding Jade."** Hannah Elson's beautiful depiction of a girl suffering from depression struck a nerve with the audience, and although the plot was simple, its message is fundamental.

The final play of the evening, **"Baby Business"** by Nathanie Yaskey was riotously funny. As serious as teen pregnancy is, the mothers in a Lamaze class and their respective male figures make light of the situation. Lance Neil and Philip Bryan played a perfectly over-dramatic gay couple, and Allegra Verlezza screeched her way through an entertaining, if painful (to the ears, that is), "labor."

A PEEK INTO NEW STAGES 27

PUCKER UP!

Junior Isabelle Hammer and sophomore Gabe Gordon share an awkward moment during "Perceptions," one of the plays performed for New Stages 27. The play depicts a boy and a girl each telling a friend about their date the night before while Gordon and Hammer act the date out in front of them to huge laughs from the audience.

SIGNS OF LOVE

Senior Adam Maraschky, playing deaf Andy, and junior Emily Brindza, playing blind Elisia, communicate through sign language in "Cancelled Out." Along with sophomore Austin Murray, the pair used sign language along with speaking their lines to relay the message of the play.

THE SHAKERITE

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PLATO'S CLOSET

Diana Jack • The Shakerite

FORECLOSED HOME DEMOLISHED

The long arm of the housing crisis has reached the half-million dollar neighborhood of the high school. The foreclosed home at 15901 Onaway Road, directly across from the high school's North Gym, was demolished March 9. Students could be seen gawking at the rubble as they made their way to school that morning. Although people speculated that the city purchased the vacant home and ordered the demo. a city official said that although the city supervised the demolition, the property is still privately owned. Shaker officials did not respond to inquiries about the lot's future.

-VICTORIA FYDRYCH

NoteWorthy
03.25.09

SHAKER LOSES BELOVED COACH BOB WONSON

Diana Jack • The Shakerite

FAMILY, FRIENDS, COLLEAGUES and students gathered at Coach Robert "Bob" Wonson's funeral March 19 at Eastview United Church of Christ in Cleveland. The ceremony featured eulogies by Jamey Baby, a former player of Wonson's at Lakewood High School in 1973, retired math teacher Al Slawson, former Shaker basketball captain Malcolm Sims ('93), Shaker Middle School counselor and Wonson's former assistant coach Danny Young, and former University of Iowa head coach George Raveling.

BY ALEXA SYKES
EDITOR IN CHIEF

Robert "Bob" Wonson led the men's basketball team to 13 Lake Erie League titles, but his former players and colleagues remembered him as a devoted father figure at Wonson's funeral March 19.

"I never could've imagined having a relationship with someone like I had with Wonson . . . he was a father to us," former team captain Malcolm Sims ('92) said to approximately 200 people who attended the service at Eastview United Church of Christ in Cleveland. Sims explained that Wonson lived in North Olmstead while he coached at Shaker, but he would pick up some of his players for morning practices on weekends as early as 6 a.m.

Wonson

"He spent so much time with us, I thought it was a million-dollar job," Sims said of Wonson, who taught Global Studies at the high school and coached Shaker's men's basketball team for 24 years. "He impacted a lot of kids." Wonson died March 15 after complications from colon surgery. He is survived by his wife, former Shaker math teacher Mary Ann Wonson, two daughters and grandchildren.

Sims, who has been the head basketball coach at John Hay High School since 2003, relies on his time with Wonson for guidance. "Everything I learned from him, I do for my players," Sims said, adding that Wonson emphasized the importance of family. "That's what he preached every day. He taught us how to love."

Wonson was born June 26, 1946 and attended Lakewood High School, where he became an assistant coach in the 1970s. Jamey Baby (Lakewood '73), one of Wonson's former players who spoke at the funeral, remembered his time on the team as being "so much fun . . . [Wonson] was so passionate about life." He recounted times during the summers of his high school years when Wonson would drive a beer truck and he and Baby would deliver beers during the hottest hours of the afternoon, even though Baby was only 16 at the time. He said Wonson took the team to Ohio State basketball games and was always talking about the Cleveland Indians and that even after Wonson's surgery, "he knew exactly what was going on with sports."

After leaving Lakewood, Wonson became the head basketball coach at Crestwood High School in 1980, but moved the next year to Pullman, Washington to become an assistant coach at Washington State University. He moved to Iowa in 1983 to continue his college coaching career, this time under George Raveling at the University of Iowa. Raveling currently serves as the director of collegiate basketball for Nike and spoke at Wonson's funeral. He encouraged the audience to celebrate the life that Wonson lived. Raveling said, "Wonson reached deep inside of me and touched my heart in many places." He reiterated the immensity of Wonson's dedication. "Teaching, mentoring and coaching were to be his life's vocation . . . he taught men to be the winners in the game of life." He also noted that Wonson was the first person to tell him about LeBron James, who was only in eighth grade at the time. Wonson believed he would be "the next greatest Cleveland basketball player in history." Raveling fought tears as he said, "I have never had a greater friend than Bob Wonson. I love every fiber of Bob's being."

After leaving Iowa, Wonson landed a head coaching job as well as a position as a social studies teacher at Shaker Heights High School in 1985. AP U.S. History and American Experience teacher Tim Mitchell said that his colleague was simply a funny, sharp-witted and humble individual. "Bob was very modest . . . he was able to reach Global Studies students that other teachers probably wouldn't be able to get to."

Sarah Sy ('07), a former student of Wonson's, agreed with Mitchell. "He taught in a way that appealed to all different types of students, which I think is really difficult," she said. As far as Wonson's coaching at Shaker was concerned, Sims noted that Wonson, who taught his players "to expect to win," diversified the crowds that attended Shaker basketball games. According to Sims, the crowds used to be all black, until Wonson arrived. "He brought the community together. I don't think a lot of people understand what he did," Sims said.

Danny Young, an assistant principal at the middle school and Wonson's assistant coach of 16 years, spoke directly to all of Wonson's players. "He was always thinking about his players, he loved all of you guys," Young said, recollecting that Wonson would give each of his players a nickname and added "in the house!" to those names when he called on them. Young admired Wonson's control of the sidelines and how he managed the team. "I just wanted to watch how Wonson did everything, he always did things the right way . . . he really preached family and cohesiveness, and always preached academics and achievement," Young said. Although Young will take over the head coach duties, Wonson's legacy is set. In addition to the 13 LEL championships, the men's program under Wonson won six district titles, one regional crown and was Division I state runner-up in 1999.

Said Young, "Twenty-four years ago, Shaker did a great thing by hiring coach Wonson."

'POPS' LYNCH, SECURITY GUARD AND FRIEND

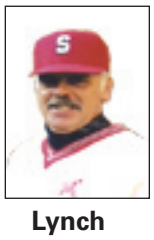
BY ALEXA SYKES AND COLIN JACKSON
EDITOR IN CHIEF AND THE BEAT EDITOR

Terrance "Pops" Lynch, a Shaker security guard of 10 years, died Feb. 19 of cancer. He was 65. Lynch was known for the passion he had had for his job, namely, the students that he looked after.

According to Lynch's sister Patricia Richards, a frequent substitute teacher in the Shaker district, "He loved the kids in the Shaker school district . . . it was more than just a job, the kids were his family," she said. Richards said that growing up, Lynch always had a light sense of humor and valued the relationships that he maintained with his family and friends.

In November 2007, Lynch was diagnosed with multiple myeloma, which eventually spread to his kidneys. However, he remained dedicated to his work and did not retire until June 2008. Even after his retirement, Lynch continued to assist with jobs around the district when needed.

Born Feb. 27, 1943, Lynch was raised in the Cleveland area. According to his neighbor Patricia Looby, he specifically stayed in Shaker to be with his family.



Lynch

Lynch was a Shaker police officer during the 1980s but later became the well-known Shaker Heights High School security guard everyone called "Pops."

Michael Kives, who knew Lynch since his Shaker PD days, has taken over the driver's seat of the security sedan that Lynch occupied for so many years. Kives spent the majority of his time working with Lynch, and said, " I will miss talking to him . . . I am not replacing him, I am only taking over his duties."

Shaker police officer Bill Schmoldt knew Lynch for about 10 years and acknowledged the dedication that he had to his job. "He really cared about the kids . . . he looked at them all like they were his. He'd be out regardless of the weather . . . he was just concerned about the kids' welfare," he said.

An online memorial of Lynch quickly filled up with fond memories that Pops left with Shaker.

"Even though many students did not agree with Pops, he was always there to help every one of us and protect us," stated Shaker alumnus Lindsey Weed.

Richards explained that Shaker students in the 1990s were very close with Pops, "especially the artsy ones . . . we called them 'Pops' People.' "

THIS WAS NOT A DRILL

• An anonymous call sends building into lockdown, but 2-hour search discovers no threats

BY NATALIE VICCHIO AND VICTORIA FYDRYCH
NOTEWORTHY EDITORS

Only minutes into a perceived lockdown drill March 18, students suspected danger within the high school hallways.

"It wasn't Hutch on the announcements, it was [Assistant Principal Ann] Spurrier," said senior Ben Giller, "and they said we were in lockdown mode, not drill."

At approximately 12:40 p.m. that day, the Shaker Heights Police Department received a call from an unidentified adult male who warned them of a gun located at the school. Immediately, the police requested a lockdown. Principal Michael Griffith did not doubt the severity of the call and instantly complied. "[The police department] evaluated the phone call . . . they had cause to take [the call] seriously," said Griffith, who was off campus and returned to the high school approximately three minutes after the lockdown began.

According to Griffith, the police first searched hallways and bathrooms where suspects could easily hide. They only entered classrooms that were unlocked or looked suspicious. The uncovered window panes missing green "OK" sheets or noises from the class gave them cause to search the room.

It was not until students realized the severity of the issue that they began to view the procedure as a serious threat.

"After 10 minutes, I knew [the lockdown] was real," said senior Matt Licina, who was in the Chinese I classroom, Room 221. "About an hour and a half in, I coughed and my teacher yelled at me. I had to clear my throat."

Head of Security Vic Ferrell does not think an explanation of whether the lockdown was a drill or not was necessary. "We would like everyone to take it as not a drill," Ferrell said. He added that all emergency drills, such as fire, tornado and lockdown, should always be considered real events.

Unaware of what was happening, students relied on text messages from one another, from family members and even from friends at other schools who learned about the lockdown from the media.

"I got texts saying everything from the Drug Enforcement Administration was here to there were snipers were outside. I was terrified," junior Brian Redline said.

But the same text messages that reassure students or satisfy curiosity are also a source of anxiety, according to Griffith. "I fully understand and respect students have the mode to communicate with [their] cell phone," he said. However, Griffith warned students to be honest with the information they pass on. "[Texting is] harmful in that it would create more anxiousness . . . [the students] should communicate only what they know."

Scott Lee, chief of the Shaker Heights Police Department, agreed, saying that students should be careful what they text. "Don't pass information out that you're not sure of," he said. Phony data causes problems for police, who cannot risk dismissing rumors as false.

"We sometimes have to react to those rumors," Lee said. In the future, Lee advises students and teachers to do just what they did and follow the lockdown procedure.

English teacher Michael Babinec followed the procedure but could not keep his freshman students from worrying. "The kids were a little concerned because they were hearing so many different stories," he said.

As rumors of gunmen, snipers and homicidal seniors circulated through cell phones, truth could still be found, however.

"Most of the rumors we heard ended up being true. I heard the SWAT team was there, and sniffing dogs, and policemen in full armor," sophomore Sarah Paetz said.

Despite the chaos racing through students' minds and text messages, the lockdown procedure was considered a success. "In terms of effectiveness of what we need to do . . . it went beautifully," Griffith said.

He elaborated that the success was due to the students being as safe and as calm as possible.

Lee praised the effort of students, stating that they did exceptionally well considering the circumstances.

Teachers, although prepared by practice drills, also felt anxious about being in classrooms unaware of what was happening in the halls. Babinec, whose classroom, 156, is located next to the front door, saw the police entering school as the lockdown took place. "I saw cops walking in with weapons drawn in a hurried manner," he said.

He said that due to his classroom's location, no one entered, but he planned an escape route for himself and his students through the windows if needed.

Not all classes sat quietly and waited for an announcement to be released. Sophomore Nathaniel Henry described Dan Whitely's art students, who proceeded to blockade the doors and assemble an array of defense mechanisms.

Despite their preparations, the threat was nonexistent; no evidence of any entry into the school or weapons of any kind were found.

Although the issue was resolved, one question remains: who did it?

According to Lee, the investigation into the call is pending.

"We are looking into the issue and going back over the phone records," Lee said. He added that the case faces a long road ahead and will reach the prosecutor's office after it is thoroughly investigated by police. The department is also reviewing its performance during the lockdown, evaluating the successes and missteps.

Overall, Lee believes the police force responded well; however, he is quick to say that there's always room for improvement.

"We can always learn . . . nothing's ever perfect."

Allie Levin • The Shakerite
HISTORY TEACHER DAN Parker gazes outside the window of Room 230 during the lockdown March 18. He was teaching his AP Modern European History class when the lockdown occurred.

OMG TXT ME WHAT U NO

• Rumors traveled via text messaging during the 2-hour lockdown

"Four unidentified men are in the school, one with a gun."
"There's a man with a gun in the school."
"There are two unidentified men in the school, both with machine guns."
"There were two girls shot, one is dead."
"We heard screaming coming from the hallway."
"Someone got carried out on a stretcher."
"I heard it was just a senior prank."
"I heard there were police dogs sniffing for bombs."
"It was all a drug bust."
"There was a lockdown because someone went into labor."
"There was a gunman at the front desk."
"There was a kidnapping."
"There are snipers outside."
"There's someone getting arrested outside. I heard a police officer saying, 'Put your head in the car,' and there was a lot of arguing."
"There was some crazy hysterical woman screaming on the second floor, and they didn't know what she was saying."

Compiled by Victoria Fydrych

WHAT REALLY HAPPENED?

12:40 p.m.
Assistant Principal Ann Spurrier announces on the loudspeaker that the school is in lockdown mode.

1 p.m.
Police officers, displaying weapons, enter the building and begin searching for two unidentified men.

1:15 p.m.
Students realize that the lockdown is real and not a drill.

2:45 p.m.
Students are sent home after the school is deemed clear by police.

3:30 p.m.
Parents receive automated phone message explaining the events of the day.

Compiled by Victoria Fydrych

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BEING SHORT CAN TAKE YOU TO NEW YORK

Reciting a monologue about being short can get you somewhere? It did for junior Valerie Kilmer, who performed Herminia's monologue from the play, "A Midsummer Night's Dream" on Feb. 28 during the regional Shakespeare Competition. Kilmer beat out 32 other contestants with her dramatic performance to snag the chance to travel to New York City and compete in the 2009 National Shakespeare Competition. From April 25 – 28, Kilmer, pictured here in a photograph from a 2007 performance of "The Importance of Being Earnest, will participate in a series of acting workshops in New York City. Kilmer selected Herminia's monologue, "with a little help from Mrs. McBurney guiding me to that piece. It's about being short and about being proud of it, and Mrs. McBurney's a little spit-fire just like me, so it worked."

SIMONE DUVAL

Lime Light
03.25.09
5

STRIKING A POSE FOR THE CAMERAS

BY ADRIA KINNEY
THE BEAT EDITOR

Photos courtesy of Whitney Livingston

DISCRETION, DISCIPLINE ESSENTIAL FOR MODELING

You wouldn't be shocked to read that models have to watch their diets. But you might be surprised to learn they have to watch their step as well. Junior Whitney Livingston, who has been modeling for about a year after approaching Stone Model and Talent Agency, explained that models have to maintain a very specific image that agencies require. "You have to be careful; if you slip and fall and scrape your leg, the bathing suit job you booked is no longer going to want you," Livingston said. She added that there are a lot of other things models have to be concerned with.

"There was not one day I went to the beach or pool this summer; in order to model, you have to be 'pasty,' " she said. Although spray tans can be added to achieve a tanned look, there is no way to cover tanned or burned skin. "You really have to make many sacrifices," Livingston said.

Additionally, you may have to change your habits in order to be a successful model. Livingston explained that she has to be extremely careful about maintaining a specific image that her agency wants. "You have to have a lot of self-discipline, as in eating right and exercising," Livingston said.

A common misconception about modeling is that girls who participate on reality TV shows go on to become famous. "Here is the thing people don't know about 'America's Next Top Model' . . . in actuality, many of those girls after the show are not chosen for high fashion jobs. When someone sees an ad in Vogue for Dolce & Gabbana and sees that the model is the girl from ANTM, they are no longer looking or thinking about the product, but about the show. Modeling agencies look for faces that people have not yet seen and will not recognize."

GETTING SCHOOLED IN THE TRADE

Senior Jessyca Watson became serious about modeling when she started attending Stone Model and Talent Agency last summer. At this school, which meets every Saturday for about four hours, Watson learned how to walk on the catwalk, walk normally, dress, practice healthy eating habits, style hair, put on makeup and do job interviews.

"My sister graduated from the school earlier and then went to New York to do competitions, and she won some awards from it, so that made me want to do it. Plus everyone has always told me that I should be a model, so I just decided to try it," Watson said. Currently, Stone sends her e-mails if they need her for certain events.

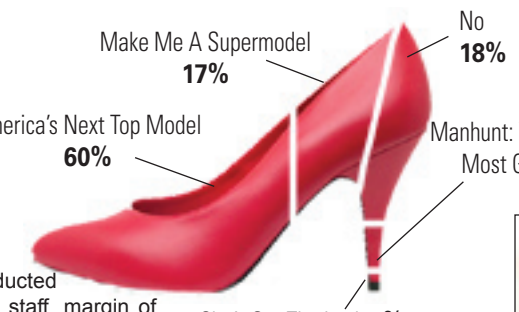
"I'm considering going out for 'America's Next Top Model,' but I don't want to miss prom," Watson said. "Maybe I'll do it later, but I still want to go to college and good stuff like that."

Watson doesn't think that it will be hard to balance her modeling pursuits with school. Her sister is a kindergarten teacher working on her master's degree and yet still has time to teach at the Stone Model and Talent Agency.

Unfortunately, Watson believes that there is still a lot of pressure in the industry to be thin. "On ANTM, the girls are all really skinny, and it's kind of annoying, because even though people always tell me I'm really skinny, I don't think I am. I try to lose weight sometimes, but I just like food way too much," she said.

Photos courtesy of Jessyca Watson

DO YOU WATCH ANY OF THE FOLLOWING TV SHOWS?



A scientific poll of 110 students conducted by The Shakerite staff, margin of error +/- 9.5percent
Infographic by Adria Kinney

Photos courtesy of Charles Muhammed

ONE-TIME GIG BECOMES CURRENT PASSION

Senior Charles Muhammad accidentally stumbled (fortunately for his career, it was metaphorically) into a modeling job as a child. His mother's friend worked for Toys "R" Us, and the boy who was supposed to have the job didn't show up. Muhammad substituted for the boy. "It was supposed to be a one-time thing, but I ended up doing really well, so I continued to do it," said Muhammad, who modeled from the ages of 3 to 7 and still enjoys taking photos on his own time.

Muhammad said that although the job was fun, he thought that modeling placed too much pressure on a young child. "Still, I think my sister was always secretly jealous because I got a lot of free toys," he said. Despite the pressure, Muhammad wants to pursue modeling in college. "I've always thought about picking it up again," Muhammad said. "I don't want to focus on that right now, but it's a great way to make money."

Muhammad said that he follows TV reality shows about modeling. "My favorite ones are 'America's Next Top Model' and 'Make Me a Supermodel,' " he said. "It's mainly just entertainment. It's really cool, but I'm not at the TV taking notes or anything."

DO YOU THINK THAT MODELS SERVE A LEGITIMATE PURPOSE IN SOCIETY?

Infographic by Adria Kinney
A scientific poll of 110 students conducted by The Shakerite staff, margin of error +/- 9.5 percent

Shaker Speaks

03.25.09

NO CLASSROOM LEFT UNINSPECTED?

Could someone *please* define "everywhere in the school" to Principal Michael Griffith? Contrary to his statement made over the P.A. after two hours of lockdown, many of the classrooms in the high school were *not* inspected during the March 18 event. The police did investigate several classrooms, but only when they heard "noises," and when they did, they only asked students occupying the rooms whether they had "seen anyone suspicious." Speculation could continue without end, but it stands to reason that a (theoretical) gunman, unless he/she had an easily concealed weapon, wouldn't remain in the hallways during a police sweep. The gunman may have ducked into any classroom where he or she would not be recognized until the lockdown ended -- and then opened fire. Why lock down 2,000 students if you aren't going to be thorough?

EVAN WHEELER

It's not too late to start later

When will Shaker realize that school begins too early?

A tour of first period classes reveals empty desks and too many students fighting (or giving into) slumber. Simply put, we don't get enough sleep. And sleep deprivation prevents us from "being the best," as Vice Principal Eric Hutchinson encourages. Not only that, but too little sleep has been linked to obesity and learning issues such as attention deficit/hyperactivity disorder. Although the attendance office says that no data on first period tardies and absences are available, ask any first period teacher how many students arrive on time and ready to learn. If Shaker students are indeed human, they are like the 28 percent of all U.S. students who fall asleep at school because of early starting times, according to a National Sleep Foundation poll.

EMILY GROSS-ROSENBLATT

Research shows that most teenagers' body clocks aren't set for us to enter dreamland until around 11 p.m. (as though we do that anyway!) when our bodies begin to produce melatonin, the hormone that induces sleep. Melatonin production continues until our first period (8 a.m.). Is it any wonder that we're snoring in class? Based on science, we should be stumbling toward the shower, rather than to math or English, at 8 a.m.

Some schools have caught on and pushed their start times to 8:30 a.m., improving attendance, raising scores on standardized tests and boosting grades. Will Shaker make the change?

Assistant Superintendent James Paces thinks our starting time is neither too early nor too late. "I personally believe its advantageous to start at 8 a.m. because it's good training for classes in higher education that might begin at 8 a.m. in the morning and for the world of work where jobs begin at 8 a.m.," he said.

But isn't the goal to serve our students where we are now? Research tells us that we need more sleep now (like we required during our first three years) for brain development. Research also shows that adequate sleep is integral to our well-being just as healthy food and clean air are. (I appreciate that Shaker has dramatically improved our food choices in our new cafeteria.) Undoubtedly, changing our start time would pose challenges to our school and community, however the already documented benefits of a later first bell far outweigh the costs. (Better-rested athletes have shown improved performance, for example.) Beginning classes a little later is a simple way to encourage optimum growth and raise achievement for Shaker students. The administration should reconsider the time we start our school day.

Paces enthusiastically encourages students and faculty to discuss these ideas. Let's consider the conversation started.

Joe Schorgl • The Shakerite

HOOKAH: A HAZARD TO HEALTH

• Bars and social appeal obscure risk of addiction, illness and death

Breathe in. Hold it. Now, breathe out. As you slowly release the smoke from your mouth and nostrils, your friends anxiously await their turns. You pass the hose to the next rebellious teenager and gradually smoke fills the air. Ah, that was fun, wasn't it? Maybe. Completely harmless? Absolutely not.

You have just increased your chances of lung cancer by 17 percent for men, and 11 percent for women. Smoking hookah only seems enjoyable because it is done in a social setting. It's also not hard to get your hands on (technically, you are supposed to be 18 years old, but underclassmen still flood hookah bars in the area regularly).

Contrary to common belief, hookah is neither flavored water vapor nor a safer alternative to tobacco. It *is* flavored tobacco. Tobacco contains nicotine, and nicotine is addictive. Becoming addicted to nicotine can kill you, much quicker than you'd think. Smokers are likely to die 10 years earlier than non-smokers if they have smoked for most of their lives.

In addition, people who smoke hookah inhale 100 times more smoke in one session than cigarette smokers do with one cigarette. Smoking hookah is no less hazardous - or addictive - than smoking cigarettes.

The hookah, invented in India in the 16th century, allows users to inhale smoke that has been filtered through water. The physician who invented it believed the water would purify the tobacco smoke.

Hookah users place tobacco in a bowl with hot charcoal, which roasts the substance. The user inhales through a hose, and the smoke bubbles up through water in the bottom of the pipe. A hookah session can last more than 40 minutes, during which 50-200 puffs (.15 to .50 liters) of smoke are inhaled.

'rite idea

The buzz or light-headed feeling is what teens covet most, but it comes with huge drawbacks. The same deadly risk that comes with smoking cigarettes comes with smoking hookah.

As teenagers, we understand that most of the appeal of hookah is because it is more accessible than alcohol or cigarettes. It does not require a fake ID, and there is nothing tangible that your parents can point to as evidence of your illicit activities. And for the lucky seniors who have already turned 18, it isn't even illegal.

However, the price is your health. Is spending a Friday night taking turns blowing smoke in your friends' faces worth that? We venture to say no.

And we're not the only ones concerned about your health.

In a report concerning the growing hookah fad, Serena Chen, the tobacco policy director for the American Lung Association of California said, "studies have shown that smoking hookah pipes can lead to serious disorders such as bronchitis, emphysema, heart disease and viruses transferred by the pipe's previous users."

We know you don't want to die. We don't want you to, either. Do yourself a favor, stop smoking hookah. A few hours of fun is not worth a short life of disease.

HAVE YOU SMOKED HOOKAH?

IS HOOKAH WORSE THAN CIGARETTES?

A telephone poll of 110 students conducted by The Shakerite staff, margin of error +/- 9.5%.

Infographic by Evan Wheeler

RAIDER WINTER SPORTS IN RETROSPECT

Bright future for men's swimming set by tradition

BY PATRICK POHLMAN
RAIDER ZONE EDITOR

Men's swimming ended up sharing the LEL title by beating Mentor by 1.5 points in a dual meet after losing to them during LEL Championship meet. Losing a hefty amount of swimmers from the class of 2008, the men did not initially appear to be a threat to most of their toughest opponents, but showed perseverance nonetheless.

"We exceeded expectations by beating Mentor and Mayfield in dual meets," said senior Mike Mitro, who swam the 100-yard breaststroke with a time of 1:05.81. Junior Callum Orr was also very proud of the team's accomplishments this season.

He said, "The season went better than I expected. We lost a lot of great swimmers and teammates last year, but we had a lot of underclassmen really step it up and we managed to perform very well."

The Raiders finished the season 6-2 and sent Orr to states, the first male appearance since 2006. Orr placed twenty-first in the 500-yard freestyle in Canton Feb. 28 with a time of 4:49.59 with his lowest split being 26.45.

"Our team has a good future if we prepare better during the off season, get a little stronger and more consistent," Head Coach Eric Peterson said, anticipating a successful 2009-2010 season.

Photo courtesy of Tim Lanes

MEN'S SWMIMMING SENIOR Michael Mitro races the 100 yard butterfly at a dual meet against the Mentor Cardinals with a time of 59.78. After suffering a loss against Mentor at the LEL Championship Meet at Beford, the first LEL loss that the men's team faced in 18 years, the Raiders redeemed themselves with a two-point win over the Cardinals, allowing them to share the LEL title for 2009.

Brittany Billups •The Shakerite

SOPHOMORE CHRISTOPHER SOMMERS has the advantage.

Men's wrestling places 4th

BY PATRICK POHLMAN
RAIDER ZONE EDITOR

It was rocky start to the wrestling season, but Shaker ended strong when some unlikely players surprisingly stepped up to win big matches. Injuries resulted in a shaky beginning to the season, but the Raiders were able to overcome them. "Injury and ineligibilities really hurt us this year, and we didn't do as well as we should have," Head Coach Marc Enie said. Roman Lawson placed second in districts out of 16 other competitors. He placed tenth in the northeast districts."He had a very good individual performance," Enie added. Near the end of the season, seniors Peter Heggs and Tre Gordon played a huge role on the team. "I put forth a lot of effort towards the end of the year and it paid off," said Heggs, who placed sixth at districts. Gordon also helped salvage the season by winning underdog matches against Hudson and Bedford. The Raiders were fourth in the Lake Erie League. Future wrestling squads may reap the benefits of a recently established youth program in Shaker to get kids from third to sixth grade interested in wrestling.

The early start will help build experience. Currently, wrestling instruction begins at the middle school. "This program will help us get stronger players in the upcoming years and get our wrestling program at the high school stronger also," Enie said.

Women's swimming shares LEL crown, sends 6 to states

BY PATRICK POHLMAN
RAIDER ZONE EDITOR

Women's swimming sent six of 17 athletes to states and took seventh place in the medley relay, missing All-America status by .18 seconds. Katie Walker, Sarah Leonard, Paige Dingess, Marisa Vavruska, Rima Jurjus and Joan Thompson competed in Columbus Feb. 28. During the regular season, the Raiders lost to Mentor but were able to avenge the loss by beating the Cardinals in a dual meet to snare an LEL co-championship with their rival. "We were upset about losing to them at the LEL meet, and that motivated all of us to bring everything we had at the dual meet," said senior Sarah Leonard, who swam the 100 backstroke, the 200 medley relay, the 400 freestyle relay and the 50 freestyle. In addition to their regular season co-championship, Shaker excelled individually. For the third straight year, Leonard won the 100 backstroke sectional title. Camaraderie also prevailed. "The team became really close, and I think that this aided in our success at the end of the year," said senior Paige Dingess, another state medley relay competitor. "The season went very well, and we didn't have any significant disappointments," said Head Coach Eric Peterson, who added that the upcoming months will be crucial to next year's team. "We're graduating a lot of seniors and we need lots of people training in the offseason to get in good shape."

Photo courtesy of Tim Lanes

SENIOR MEG GREEN swims the 200-yard individual medley with a time of 2:15 at a dual meet against the Mentor Cardinals. The Raiders redeemed themselves with a win after a disappointing loss at the Lake Erie League Championship meet at Bedford two weeks earlier. Green also swam the 100-yard butterfly, placing third in her heat.

Hockey wins 18, takes sectional title

BY PATRICK POHLMAN
RAIDER ZONE EDITOR

The hockey team defied expectations by winning a sectional title and making it to the district semifinals. Fans were disappointed when the big game against University School was canceled due to vulgar fan behavior. But despite both coaches' efforts to quell the rivalry, fate had the two squads meet in the district semi finals at Kent State University March 2. US shut Shaker out, 6-0. The Raiders beat Chagrin Falls 7-4 and Walsh Jesuit in the sectional finals 3-1 to make districts. "I am very proud of our team, we came a long way this year and made a good run in the second half of the season," Head Coach Michael Bartley said. The Raiders fell short of making the Baron Cup; North Olmsted got the nod in a tiebreaker. But by any measure, the 18-13 season was a success. "We more than doubled our win total from last year, defeated Strongsville twice, a team in the top 10 in the state and beat St. Ignatius, who was ranked first in the state at one point this year," senior Wiley Miller said. Bartley said the team matured very quickly and he is looking forward to next year. "We need to improve our puck movement. We don't move the puck fast enough against better teams," Bartley said.

Sophomore Captain Aaron Goodman said, "I am really excited for next season, because of the way the team came together this year, we worked well together."

John Fletcher•The Shakerite

SENIOR RIGHT FORWARD number 19 Steven London commands the puck as the Raiders take on Benedictine High School.

Women's basketball falls in district final

BY PATRICK POHLMAN
RAIDER ZONE EDITOR

Women's basketball has reached at least 15 wins per season the last three years, and with seven of nine players returning next year, they are a team to watch.

The Raiders achieved a 17-7 record this year despite a tough schedule facing many of the top area teams in the area, including Mentor and Regina.

"The competition we played during the season really prepared us for the playoffs and set us up to play anyone," Head Coach Don Readance said.

The Raiders beat Harding 53-48 and made it to the district finals, losing a close game to Twinsburg 59-53. Karisma Penn led the raiders with 32 points in her final game. As a senior, Penn is sharing the LEL player of the year with player from the Mentor Cardinals.

"Making player of the year in LEL was a big accomplishment for me, and I'm proud of what our team achieved throughout the season," Penn said.

A lot of the girls' success this year was due to camaraderie.

"The team bonded a lot and we got a lot closer throughout the season," junior forward Mary Clair said.

John Fletcher•The Shakerite

JUNIOR MARY CLAIR flies past defenders and goes for a rebound in a game against Kenmore High School Feb. 17 in the Raiders' final regular season contest. For the third year in a row, the women's team won at least 15 games. Karisma Penn shared LEL player of the year status as Shaker finished the year 17-7.

FRESHMAN RENEWS SHAKER'S STATE CREDENTIALS

Joan Thompson was the first freshman female swimmer the Raiders sent to states since 2001, when Ellis Schieman competed. Thompson swam the 500 freestyle and placed fourth in the Northeast District swimming championships with a time of 5:10.67. Her success came despite having missed the first month of the season due to a broken foot. Thompson came back from her injury strong, winning the Orange Invitational. "It was really hard to come back in the middle of the season after my injury," said Thompson, who maintained a positive outlook despite being sidelined. "I had to make the best of the season, so I just put in 110 percent effort at each practice," she said.

PATRICK POHLMAN

Thompson

'WE WERE LIKE HIS KIDS'

• Current and former players mourn loss of Bob Wonson, who expected excellence and taught love

BY PATRICK POHLMAN
RAIDER ZONE EDITOR

The men's varsity basketball team hoped to honor their ailing coach by winning the sectional final against Garfield Heights March 6.

Players were disappointed in the loss, but their disappointment soon gave way to grief.

Bob Wonson, men's varsity basketball coach and former social studies teacher, died March 15 after complications with colon surgery. He was 62.

Players, friends and colleagues spoke lovingly of Bob Wonson at his funeral service. Noteworthy, page 3

"It was a surprise to all of us. Even he didn't know he was sick. During the Garfield game I tried to focus, but all I could think of was that our coach was unstable," senior guard Anthony Wells, a co-captain, said.

Wonson was more than just a coach to his players.

"He said we were like his kids to him. After we lost a game to Cleveland Heights my senior year in the playoffs, he said basketball just ended, but life is just beginning," said Ryan Hines ('07), who played forward for Wonson from 2005-2007, when the Raiders went 30-14.

"He treated everyone like a man and expected excellence from us and not to just be mediocre."

Wonson built bonds with players on and off the court and also with coaches, especially his assistant head coach for the past 16 years, Danny Young.

At Wonson's funeral March 19, Young said his mentor always did things the right way and had a way of making everyone feel welcome.

"He preached academics, achievement, family and cohesiveness," said Young, who explained that Wonson told his players to kiss their mothers at senior night and to tell their parents they loved them.

Photo by Diana Jack • The Shakerite

APPROXIMATELY 200 PEOPLE filled the Eastview United Church of Christ during funeral services for Bob Wonson March 19. Those who attended heard former players and colleagues describe Wonson as a devoted coach who taught his players to value their families.

When Wonson was hospitalized, the team increased its effort and intensity, "We really practiced hard," senior center Mac Anderson said. "We thought about getting a victory in his name. It meant a lot to us."

In his 24 years as Shaker's head coach, Wonson amassed 362 wins and 13 Lake Erie League Championships. His team was Division I state runner-up in 1999. Sixteen of Wonson's players earned Division I scholarships.

"The most fun I've ever had playing ball was under Coach Wonson. He wasn't afraid to voice his opinion about things, and he legitimately cared about all of his players," said Will Warren ('07), who played center for Wonson from 2005-2007.

"He helped bring our team closer. He was really good at utilizing the different talents he had and helping us be successful on the court."

Cullen Clair ('08), Warren's teammate of two years, said of Wonson, "He is a Shaker legend and was the heart of the Shaker basketball program."

For men's basketball, lots of heart but not enough defense

John Fletcher• The Shakerite

SENIOR GUARD ANTHONY Wells leaps past Cleveland Heights.

BY JOAN THOMPSON
STAFF REPORTER

The men's basketball team battled to a 10-12 record before a March 6 Garfield Heights loss knocked them out of the postseason in the second round.

Before the game, Anthony Wells, senior co-captain and Cleveland State recruit, hoped to make it out of the Warrensville Heights District tournament. Wells scored 26 points, and senior co-captain Markeese Lavette added nine points, but the Raiders eventually lost 80-63 in the second game of the round.

"It was a really disappointing loss for us," Wells said.

Underclassmen also stepped up to help the team. Late coach Bob Wonson said that freshman Terry Rozier had been a clutch player for the Raiders, while freshman Brett Thomas, who was returning from an injury, was also a strong contributor. Rozier scored six points in the loss.

"We're bringing up some younger kids," senior Kenneth Agee said.

Agee also felt the team missed some opportunities in the regular season.

"The only disappointment [this far in the season] is knowing that we could have won a lot of games that we lost," he said. He cited the first Bedford loss as an example.

The team avenged its Dec. 12 loss to Bedford in a Jan. 24 win, prevailing 62-61.

"We fought hard and showed that we could compete, even though it went down to the wire," said junior Chris Cargile, who felt that the Bedford game was the most important contest at that point in the season. The Raiders worked for most of the season on improving defensively.

"Our team has a lot of heart, but sometimes we can lose focus on the defensive end," Cargile said.

"One disappointment was playing well against Cleveland Heights [Jan. 13] in the first half and falling apart in the second half." Shaker led Cleveland Heights 33-30 at halftime but eventually lost 72-59.

The Heights rivalry was renewed Feb. 21. Before the game, Agee felt that the Heights contest, especially because it helps determine the LEL title, was one of the Raiders' most important games.

"We take that game more seriously than any other game," Wells said before the contest.

The Raiders have not made it past the second round of the playoffs for the past three years.